

JULY | AUGUST 2015

HealthyYou

5

BLOOD
PRESSURE
FACTS

PAGE 19

An Olympic-
Size Recovery

PAGE 16

Back on Horseback

PAGE 20

A PASSION FOR BETTER MEDICINE



Lehigh Valley
Health Network

Contents



10



COVER STORY

- 20 **Riding With MS**
*Research trial helps
Macungie woman*

DEPARTMENTS

GET STARTED

- 4 **Grand Openings Galore**
*Plus 5 summertime to-do's
and LVHN news*

EMPOWER YOURSELF

- 6 **How to Switch to a New
Health Care Provider**
Make your checklist

TAKE CHARGE

- 18 **3 Screenings = 1 Life Saved**
Allentown man beats lung cancer
- 19 **5 Surprising Facts About
Blood Pressure**
You can control it

CALENDAR

- 21 **Classes and Support
Groups for You**

IN THIS ISSUE

- 3 **Grill Up Some Fruits
and Veggies**
Add flavor to your cookout
- 7 **7 Ways to Gear Up for
Fall Sports**
Prepare your student athlete
- 8 **Slam Dunk Over Hemophilia**
Peter Dyson takes control
- 10 **Repairing a Hole in the Heart**
*Regular testing helps
MaryBeth DiGiulio*
- 12 **My Weight-Loss Surgery
Timeline**
Follow Paula Meyers' steps
- 13 **The Power of Rehab**
*Leigh-Anne Piechta, DO,
experiences it*
- 14 **'A Blessing to Breathe'**
*Specialty team helps
6-year-old Justin*
- 16 **Restarting an Olympic Dream**
Kim Geist's strength perseveres

BONUS CONTENT

FIND A DOCTOR
LVHN.org/findadoc

**GET YOUR PRACTICE'S
NEW NAME**
LVHN.org/lvpg

READ THIS ISSUE
of Healthy You magazine
online – and read extra stories –
at LVHN.org/healthyyou.

Grill Up Some Fruits and Veggies

ADD FLAVOR TO YOUR COOKOUT

If your family's typical cookout starts and ends with sizzling cuts of meat, then make room on your grill for fresh fruits and vegetables. They're sweet, smoky and good for you.

"Fruits and vegetables provide fiber and are packed with nutrients and minerals that are vital for overall good health," says Lehigh Valley Health Network (LVHN) internal medicine physician James Wertz, DO, with LVPG Internal Medicine–Muhlenberg. "Aim for at least five to seven servings daily. You'll feel better and reduce your risk for a number of chronic diseases."

Grilling helps you get more of these healthy benefits compared to boiling or steaming, which leaves many nutrients behind. Grilling also adds taste. "Many

people consider fruits and veggies bland and boring," says LVHN registered dietitian Amanda Walker with Sodexo. "By caramelizing natural sugars and adding an extra layer of smokiness, grilling opens up a whole new world of flavor."

The only limit to grilling fruits and vegetables is your own creativity. "Virtually anything goes," Walker says. "Cactus, cauliflower, bananas, berries, mango and asparagus all are great on the grill. Even fresh coconut turns out amazing."

HERE ARE FIVE TIPS TO HELP YOU GRILL FRUITS AND VEGGIES LIKE A PRO.

- 1 Always marinate at room temperature and never longer than 30-60 minutes.



James Wertz, DO
Internal medicine
Watch his video at LVHN.org/Wertz.

- 2 Use a nonstick spray before heating the grill, or lightly brush food with melted butter or oil during cooking to help prevent sticking.

- 3 Use skewers or a grill basket to keep small items (like berries and tomatoes) from dropping between grates.

- 4 Vegetables should be grilled over medium heat until they have grill marks and are tender when pierced with a fork. Prevent vegetables from drying out by soaking them in cold water before cooking.

- 5 Fruit is best grilled using indirect heat or when coals have begun to die out. Only flip fruit once (after it sears) to keep it intact. Softer fruits (like pears and peaches) hold up better if you leave the skins on.

—Gerard Migliore

Grilled Tomatoes

(Four servings)

- 4 globe tomatoes (cut in half and seeds removed)
- 2 tablespoons olive or avocado oil
- 1 teaspoon garlic (finely chopped)
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 tablespoons fresh basil (finely shredded)

- ▶ Combine oil, garlic, salt and pepper in a small bowl and mix well. Brush lightly onto tomato halves.
- ▶ Place tomatoes cut-side down on grill and cook over medium heat. Tomatoes will start to sizzle, and grill marks will appear when done (about 3 minutes per side). Flip only once.
- ▶ Remove tomatoes from grill and place onto serving platter. Lightly drizzle remaining oil mixture over tomatoes, top with fresh basil and serve.

Next Step

GET RECIPES
FOR GRILLED CACTUS,
MANGO AND MORE.
Visit LVHN.org/recipes
or call 610-402-CARE.



Get Started

USE THESE TIPS AND START YOUR PERSONAL JOURNEY TO BETTER HEALTH TODAY

Stories by Kyle Hardner, Richard Laliberte and Ted Williams

5 Summertime To-do's

Yes, it's hot out. It's also a perfect time to take charge of your health. Try these five tips in July and August:

1 Visit your local farmers market.

Many area communities offer roadside markets on a routine basis. Check with your local municipality and stock up on fresh fruits and veggies. They're great on the grill.
[SEE PAGE 3.](#)

2 Take your first step.

Join First Strides,[®] a 12-week workshop for women who want to begin a walking or running program. New sessions start on July 28, 29 and 30.
[SEE PAGE 21.](#)

3 Get on that bicycle.

Enjoy an exhilarating bike ride, or watch the pros compete at the Valley Preferred Cycling Center. Get inspired. Read Kim Geist's story.
[SEE PAGE 16.](#)

4 Check your blood pressure.

Those two numbers could tell you a lot about your health. Make an appointment with your primary care provider today. Need a doctor?
[CALL 610-402-CARE.](#)

5 Get support.

Lehigh Valley Health Network offers numerous free support groups, including a new group for survivors of suicide.
[SEE PAGES 21-22.](#)

SPECIAL ANNOUNCEMENT

Pocono Health System, LVHN Sign Letter of Intent to Merge

Pocono Health System (PHS) and Lehigh Valley Health Network (LVHN) have signed a letter of intent to merge, subject to due diligence, the negotiation of definitive transaction documents and appropriate regulatory approvals. The Boards of Directors of both organizations, in separate meetings, authorized the letter of intent.

"We believe that the residents of the Poconos region will greatly benefit from the merger of these two longstanding, high-quality health care systems," says Jeff Snyder, president and chief executive officer (CEO) of PHS. The combination of our two organizations

will mean that Poconos residents will have greater access to the highest-quality clinical care in the region, the most qualified and capable physician network supported by the most sophisticated technology and advanced health records systems, all delivered locally through PMC, while being supported by the resources and scale of Lehigh Valley Health Network."

Brian Nester, DO, MBA, FACOEP, LVHN's president and CEO, says the two organizations have a long history of productive partnerships in certain clinical areas, such as the affiliation to provide trauma and radiation oncology services to the region. He said together

as a single, integrated system, they will accelerate steps to develop and grow additional, affordable health care services to best serve the community.

"We look forward to developing with PMC a hospital of the future that incorporates the highest level of clinical competence to provide the highest-quality care close to home. In addition, LVHN looks forward to the opportunity to provide more integrated care to the Pocono region through population health management, which includes sharing a common electronic medical records system."

Pending completion of due diligence and regulatory approvals, the parties expect the proposed merger to take effect in the first half of 2016.



Our New Arrival: Birthing, Rehab Services at LVH–Muhlenberg

For the first time in Lehigh Valley Hospital (LVH)–Muhlenberg's 54-year history, obstetrics and newborn services will be offered. The new services are planned for a new four-story pavilion that will be built on the south side of the hospital's Bethlehem campus.

The new pavilion will offer 161,000 square feet of space. Floors two and three will be reserved for obstetrics and newborn services, which will include:

- ▶ Mother-baby unit with 20 private rooms
- ▶ Nursery with 16 bassinets
- ▶ Level II neonatal intensive care unit (NICU) with 10 private rooms
- ▶ Eight state-of-the-art labor, delivery and recovery rooms
- ▶ Two operating rooms
- ▶ Five obstetrics triage beds
- ▶ A three-bay post-anesthesia care unit area
- ▶ A four-bed antepartum unit

Floor one will be home to the Center for Inpatient Rehabilitation–Muhlenberg. It will include 28 rehabilitation beds and is similar to the Center for Inpatient Rehabilitation–Cedar Crest. (See more on page 13.)

Groundbreaking is planned for September 2015, with the building expected to be open by July 1, 2017.

Next Step

GET DETAILS ABOUT
THE NEW PAVILION
AT LVHN.ORG.

A Summer of Grand Openings

Looking to safeguard your health this summer?

Then you may find Lehigh Valley Health Network (LVHN) services in your neighborhood. Watch for our new facilities and expanded services:



EXPRESSCARE AT NESQUEHONING MEDICAL CENTER

On June 1, ExpressCARE was added to the Nesquehoning Medical Center (426 W. Railroad St.), which offers primary care and outpatient services by Blue Mountain Health System.



CENTER FOR INPATIENT REHABILITATION– CEDAR CREST

This facility opens July 1 on the sixth and seventh floors of the Kasych Family Pavilion's South Tower at Lehigh Valley Hospital–Cedar Crest. All 34 patient rooms will be private. Qualifying patients receive specialized rehabilitation therapy almost every day for an average of two weeks. See more on page 13.



HEALTH CENTER AT FOGELSVILLE

LVHN's 13th health center opens July 28 on Route 100 in Upper Macungie Township. Services include primary care, ExpressCARE, pediatrics, obstetrics and gynecology, rehabilitation services, X-ray, ultrasound, and testing from Health Network Laboratories. See more on page 21.



SERVICES EXPANDING AT HEALTH CENTER AT BATH

In August, rehabilitation services come to the Health Center at Bath (6649 Chrisphalt Drive) to accompany our existing family and internal medicine practices, ExpressCARE and testing services.



LVHN CANCER CENTER–HAZLETON

Comprehensive cancer care services will be available when two Lehigh Valley Physician Group oncologists and a physician assistant now practicing in Hazleton move to this Hazle Township facility that will open this fall.

Empower Yourself

Next Step

FIND A DOCTOR NEAR YOU.

Visit LVHN.org/findadoc or
call **610-402-CARE**.

How to Switch to a New Health Care Provider

► **Get involved in your own health care.** In the “Empower Yourself” column, Lehigh Valley Health Network (LVHN) providers offer information to help you gain confidence and take control. This issue’s featured provider: family medicine physician Michael Baba, DO, with LVPG Family Medicine–Forks Township.



Inside my practice I interact with many people who have recently moved to the area and need a new physician. I also encounter people who come to our office because their former doctor no longer accepts their health plan, or because their former provider retired or moved out of the area. It can be a stressful time, so here are some ways to make it easier.

First, know where you want to find care. If you are looking for a provider around your longtime home, then talk with your family, friends and even your current provider and ask for recommendations. If you are moving to a new part of the Lehigh Valley – or if you are new to our region and want to find care closer to your new home – then talk with your neighbors and connect with members of religious or social groups. They often can point you in the right direction.

Also, take time to read your prospective provider’s credentials so you can know his or her background and

education. If you want a provider affiliated with LVHN, you can call 610-402-CARE to find a provider near you, and you can watch videos of many of these same providers (and read up on their credentials) at LVHN.org/findadoc.

ONCE YOU SELECT A PRACTICE OR PROVIDER:



Check with your health insurance company or call the new provider’s office to ensure you have coverage.



Schedule a new-patient appointment.



Get your medical records transferred. Call your former provider and ask for a release form (or get one at LVHN.org/medical-records). You will need to fill it out and mail or fax it to your new office.

If you choose a Lehigh Valley Physician Group (LVPG) practice, your records will be part of the new

Epic electronic medical record system. This allows you to review your own medical information at MyLVHN.org and will help ensure coordinated care throughout all LVHN facilities starting Aug. 1.

At your new-patient appointment, have an honest discussion with your provider. That dialogue will help him or her provide the best care for you.



Michael Baba, DO
Family medicine

Watch his video at LVHN.org/Baba.

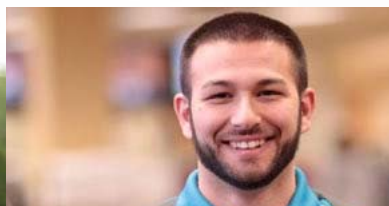
7 Ways to Gear Up for Fall Sports

PREPARE YOUR STUDENT ATHLETE

It's the hazy, lazy days of summer.

Yet if you're the parent of a child who plays fall sports, you know it will soon be time for soccer, tennis, field hockey or football practice. So no matter your child's favorite athletic pursuit, now is the time to get ready.

"Most athletes know the value of staying in shape year-round," says Lehigh Valley Health Network sports performance specialist Rob Fatz. "That's why, despite the summer heat, it's wise to prepare for the rigors of practice in your sport before it begins."



Rob Fatz
Sports performance

Next Steps

LEARN MORE at LVHN.org/sportsperformance.

SIGN UP your child for sports performance classes. See page 23.

HERE ARE SEVEN WAYS TO SAFELY PREPARE:

1 Get evaluated. While your child likely gets a standard physical exam from his or her primary care provider, a sports performance evaluation will go more in depth. "It will show any physical flaws that will need to be addressed prior to high-level activity," Fatz says.

2 Stay hydrated. This means more than just drinking plenty of water. Sports drinks contain a variety of nutrients – along with sodium and potassium – to benefit a student athlete in the hot sun.

3 Embrace the warmth. An athlete needs to get acclimated to activity in the summer heat during practice times.

4 Stretch properly. To help your child avoid sprains, strains and tendonitis during the season, try dynamic stretching (activities such as skipping or jumping) for several minutes before activity to prepare, and then static stretching (holding the stretch) after activity to recover.

5 Focus on mobility, stability and strength. These three areas are evaluated in a sports performance assessment, and exercises are tailored toward your child's individual needs.

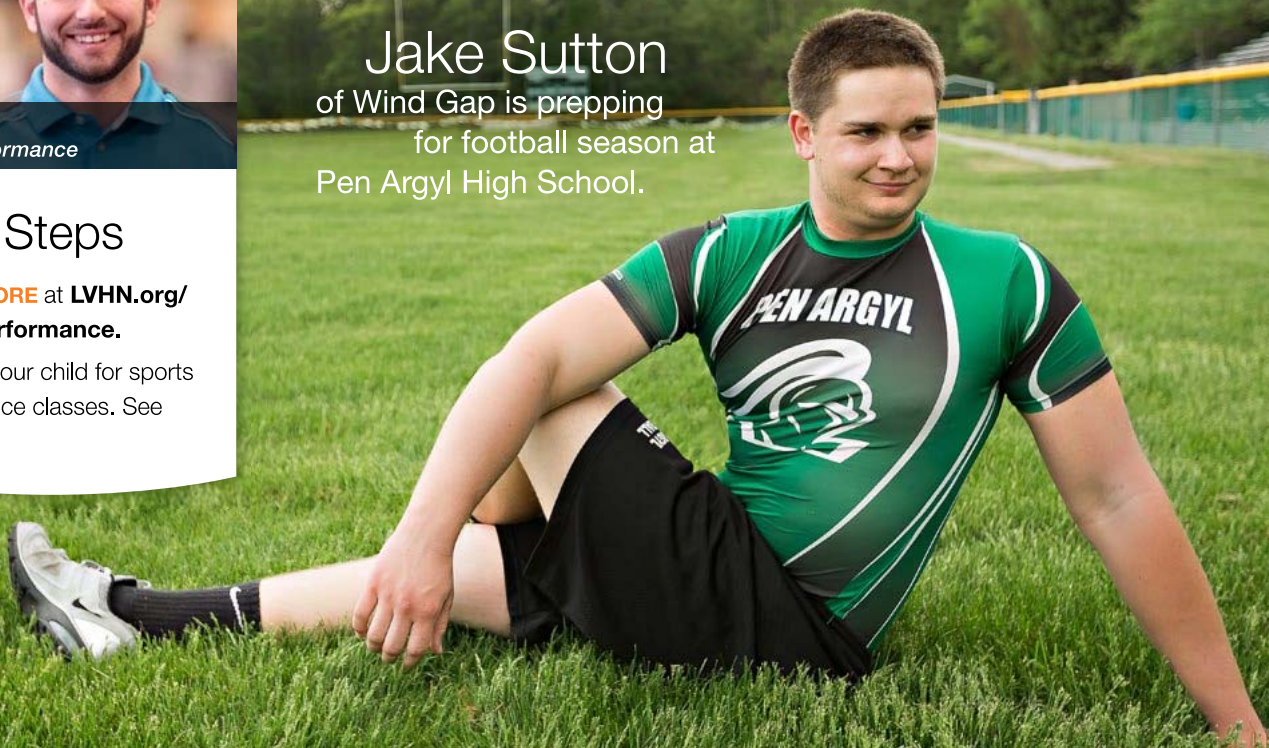
6 Work on improving sports movements and agility. Your child should start by practicing basic agility and conditioning drills, such as ladder and cone drills, to set a base fitness level. The athlete can then progress to sport-specific movements that enhance abilities to kick, throw or whatever concentrated motion the sport requires. A certified strength and conditioning specialist can help your child perfect the right technique.

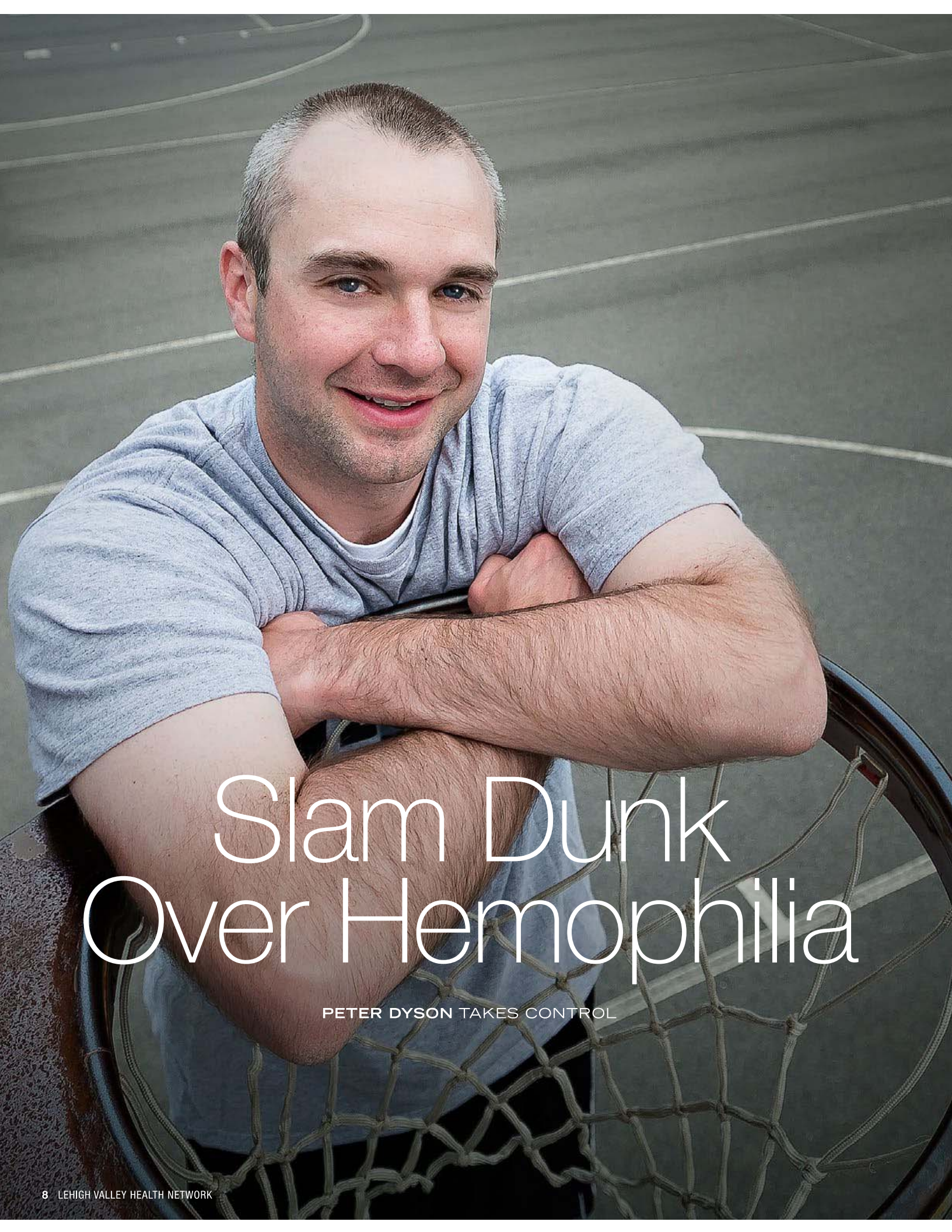
7 Build up to a peak state. Don't have your student athlete jump into an exhaustive regimen immediately. Instead, progress to a point where he or she will be confident entering the first practice.

"It's going to be a long season," Fatz says. "These tips will help you get the most out of it."

—Ted Williams

Jake Sutton
of Wind Gap is prepping
for football season at
Pen Argyl High School.



A man with short, light brown hair and a friendly smile is leaning his arms on a basketball hoop. He is wearing a light blue t-shirt. The background is a basketball court with visible lines. The title text is overlaid on the lower half of the image.

Slam Dunk Over Hemophilia

PETER DYSON TAKES CONTROL

Next Step

LEARN MORE ABOUT
HEMOPHILIA TREATMENT.

Visit LVHN.org/hemophilia.

As a young teenager, Peter Dyson (left) hated being in the hospital due to hemophilia, a condition that reduces the blood's ability to clot. "So I decided to do an experiment," says Dyson, now a 31-year-old English teacher from Tannersville. "I thought that if I pretended I didn't have hemophilia, it would go away."

The experiment was brief. Shortly after he was kneed in the thigh during a basketball game, he felt a dull ache – the telltale sign of a bleed within his body (the type that does the most harm in people with hemophilia). As the blood pooled in his muscle tissue, Dyson's leg stiffened, and he began walking with a limp. That's when his mother knew something was wrong and took him to the hospital.

"She was pretty upset that I hadn't told anyone," Dyson says. He missed several weeks of school, then used crutches or a cane for several more months.

Dyson's story is common – but it's starting to change thanks to many advances in care and treatment that weren't here when he was a teenager.



William Scialla, MD
Hematology oncology



Philip Monteleone, MD
Pediatric hematology oncology

▶ Watch his video at LVHN.org/Monteleone.

AMONG THE ADVANCES

▶ **Permission to live a full, active life** – Thanks to the encouragement of his grandfather, who also had hemophilia, Dyson grew up playing sports, and even played baseball for Messiah College. Yet many of the children of his generation were cautioned to be "too careful." Today that thinking has changed. "Toned muscles and strong bones are important for everyone, and especially for people with hemophilia," says Lehigh Valley Health Network (LVHN) pediatric hematologist oncologist Philip Monteleone, MD, with LVPG Pediatric Hematology Oncology–Muhlenberg. "The more active people with hemophilia are, the stronger they are, and the fewer bleeds they get."

▶ **The ability to stop bleeds before they start** – For Dyson, who has moderate hemophilia, it takes an injury (slipping on the ice or taking an elbow to the ribs) to develop a bleed. For people with severe hemophilia, a bleed may develop even without an injury. "Today, newer prophylactic medicines can be given two to three times a week to help keep blood-clotting-factor levels elevated," says LVHN hematologist oncologist William Scialla, MD, with LVPG Hematology Oncology–Muhlenberg.

▶ **Preventive medicines that have transformed the prognosis for people with the condition** – "It used to be that a child with severe hemophilia would suffer joint problems and possibly end up in a wheelchair by adolescence," Monteleone says. "Now aggressive clotting-factor replacement allows children and teens to live a live normal lives and adults to have a normal lifespan."

▶ **Safer, more convenient medications** – Years ago, people with hemophilia received plasma from donors, and each bag contained only small amounts of the necessary clotting factors. As a result, large volumes of plasma were needed to stop a bleed. This required hospitalization and also increased the risk for HIV, hepatitis and other infections. Since then, concentrated "recombinant" clotting factors have been developed using DNA technology. These concentrated solutions can be administered with a quick injection that someone with hemophilia can learn to do at home. This reduces inconvenient visits to the hospital and is safer. Because the newer medicines are not made from human blood, there's no risk for infection. "Now, whenever I need to, I can treat myself," Dyson says. "I go home, give myself a shot, and I'm all set."

▶ **Well-rounded care** – A study of 3,000 people found that people with hemophilia treated at a comprehensive Hemophilia Treatment Center, like the one at Lehigh Valley Hospital–Muhlenberg where Dyson receives care, were 40 percent less likely to be hospitalized for bleeding. Such centers provide access to hematologist oncologists, physical therapists, pediatricians, nurses, social workers and other specialists.

THE BOTTOM LINE: "With comprehensive care and treatment, people with hemophilia can lead very normal lives," Scialla says.

–Alisa Bowman

Repairing a Hole in the Heart

REGULAR TESTING HELPS MARYBETH DIGIULIO

Not long after moving from New Jersey to Bethlehem last fall, MaryBeth DiGiulio, 34 (right), underwent an echocardiogram at the physician's office where she worked as a medical assistant. At the time, she thought it was just a routine test, not unlike getting a blood pressure reading or a cholesterol panel. DiGiulio usually scheduled an echo every year to monitor a heart murmur that had been diagnosed many years before.

In the past, she'd always had the test done at a physician's office near her former home, and every time, she'd been told the same: "Come back in a year." No one had ever indicated her health was in danger.

This time, however, was different. Further testing was recommended, including a transesophageal echocardiogram (TEE), during which an ultrasound device was guided down DiGiulio's throat and into her chest to create pictures of her heart's valves and chambers. Next came a cardiac catheterization, during which a thin tube was inserted into a blood vessel in her groin and guided up through her heart.



Raymond Singer, MD
Cardiothoracic surgery

Watch his video at LVHN.org/Singer.

QUITE A FIND

The tests made a surprising discovery – DiGiulio had an atrial septal defect (ASD), more commonly known as a hole in the heart. "It was not just any hole," says heart-and-lung surgeon Raymond Singer, MD, with LVPG Cardiac and Thoracic Surgery. "It was a big hole, the size of a silver dollar. It was one of the largest I've ever seen."

Such heart defects are congenital, and thanks to prenatal ultrasounds, the vast majority of babies who have them are diagnosed while they are still in the womb or soon after birth. As a result, physicians rarely diagnose and treat these defects in people DiGiulio's age.

The hole was in DiGiulio's atrial septum, the thin wall separating the left side of her heart from the right. An atrial septal defect causes oxygenated blood to recycle in the heart instead of being pumped out to the body. "Rather than leaving the heart and flowing throughout her body, some of the blood was back-flowing into DiGiulio's lungs, creating pressure," Singer says.

When she learned of her condition, DiGiulio finally understood why she'd felt so short of breath and fatigued while carrying groceries or climbing the steps in her home. DiGiulio, however, also was surprised. Why hadn't someone diagnosed her earlier?

"It was a complete curveball," DiGiulio says. "Most people with this condition are diagnosed when they are babies. I was extremely lucky it was

caught when it was. Moving to the Lehigh Valley saved my life."

AN IMPORTANT 'SECOND OPINION'

If her condition had remained undiagnosed and untreated, the increased pressure in DiGiulio's lungs could have led to thickened blood vessels, scarring, blood clots or stroke. The scarring could have led to a heart-and-lung transplant. "Her story underscores the importance of seeking second and third opinions," Singer says. "Because she went to different physicians, she got the tests and treatment she needed and will live a normal life."

During the surgery, Singer made a small incision in the midline of DiGiulio's chest to separate her breastbone. He then sewed a polyester patch to her septum, closing the hole. The entire operation took less than two hours, and DiGiulio was back to most of her normal activities within a few weeks.

Now, several months later, DiGiulio can carry groceries, climb stairs, garden, and even play tag and baseball with her children without getting out of breath. She feels like a new person. "I couldn't have done it without my husband, Jeff, and my children, Marcus and Jayleigh, by my side," she says. "Now I could run a marathon if I wanted to."

—Alisa Bowman

Next Step

LEARN MORE about care for a hole in your heart. Visit **LVHN.org/hole-in-your-heart**.



My Weight-Loss Surgery Timeline

PAULA MEYERS DETAILS
HER JOURNEY FROM
210 TO 130 POUNDS

On Paula Meyers' wedding day, the 4-foot-9 Hellertown woman weighed just 98 pounds. But her weight crept up after two pregnancies and several health problems, including prediabetes and two painful autoimmune conditions – Sjogren's syndrome and fibromyalgia.

By age 38, Meyers weighed 210 pounds (inset photo). She found it harder to stand at her hair-salon job and stopped participating in fun family activities. "My husband hiked, swam and rode the ATV with our boys," she says. "I just couldn't anymore."

Then her co-worker Kara Young underwent gastric-sleeve weight-loss surgery and lost 150 pounds. Inspired, Meyers (below with her three dogs) met with weight-loss surgeon Richard Boorse, MD, with LVPG General and Bariatric Surgery—1240 Cedar Crest, and opted last July for the same laparoscopic procedure to remove most of her stomach, leaving a smaller tube-like section.

Meyers' rapid weight loss transformed her life. "Most patients lose 60 percent of their excess weight in the first year," Boorse says. "Paula shows how quickly surgery can improve your health and get you living again."

Next Step

VIEW OUR ONLINE WEIGHT-LOSS SURGERY SEMINAR and watch patient success stories. Visit LVHN.org/surgicalweightloss.



Richard Boorse, MD
Weight-loss surgery
Watch his video at LVHN.org/Boorse.



My Post-Weight-Loss Surgery Journey

Follow Paula Meyers' steps

DAY 1 Meyers' cravings for sweets and night-snacking stop immediately.

WEEK 1 She is down 18 pounds. The inflammation in her feet and legs has eased, and she can walk without cringing in pain. Meyers is less hungry and stops taking seconds at meals.

MONTH 1 She has lost 40 pounds. Her leg pain continues decreasing, and her clothes hang on her.

MONTH 2 Meyers begins sleeping through the night (partly from lessening pain).

MONTH 3 People treat Meyers with more respect, and her confidence grows. She shops for stylish clothes, trading in her size-18 jeans for size-8 "skinny jeans."

MONTH 4 Meyers goes on family four-wheeling trips again. She begins roller skating and stands for 10-hour work shifts without tiring.

MONTHS 5-6 Meyers starts hiking in the woods with her three dogs, easily covering 2 miles.

MONTHS 7-8 She hits the gym regularly, working with a personal trainer, and prepares for her first 5K race.

PRESENT At 124 pounds, Meyers runs a mile without getting winded. Her prediabetes has disappeared, and the pain from Sjogren's and fibromyalgia is mostly gone. Instead of sweets, she craves healthy vegetables and seafood. She is ready for swimsuit season and plans to make a bucket list of activities she couldn't pursue at 200 pounds – ice skating, river kayaking and even sky diving.

–Sidney Stevens

The Power of Rehab

LEIGH-ANNE PIECHTA, DO, EXPERIENCES IT

At age 19, Leigh-Anne Piechta, DO, developed Guillain-Barré syndrome, a rare disorder in which a body's immune system attacks the nerves.

For months, Piechta couldn't put on clothes or take a shower without assistance.

She'll never forget the person who helped her the most. "It was a female physiatrist (physical medicine doctor) at a rehabilitation facility where I went after a long hospital stay," Piechta says. "She had a great sense of humor and a positive attitude."

Gradually, Piechta's function returned, and her future plans were clear. "I set my sights on becoming a physiatrist," she says.

Today, Piechta is the medical director for the newly opened Center for Inpatient Rehabilitation–Cedar Crest. It's a 34-bed facility inside Lehigh Valley Hospital–Cedar Crest in Salisbury Township, and it serves an important community need.

In the past, if you received care within Lehigh Valley Health Network (LVHN) and needed intensive rehabilitation after surgery or a serious injury, you had to be transferred to a rehab facility that wasn't associated with LVHN.

"Now our center allows you to stay within LVHN," Piechta says. "That means the physicians who cared for you during your acute care stay are on-site and can be consulted if needed. It makes for better continuity of care."

Once admitted to the Center for Inpatient Rehabilitation, you will receive 24/7 rehab nursing care and daily interaction with a rehabilitation medicine physician such as Piechta. While every person rehabilitates differently, the average stay is two weeks, during which you will have a minimum of three hours of therapy a day, at least five out of seven days a week. That may include physical, occupational or speech therapy, and is adjusted based on your health condition.

People who will use the center need acute rehabilitation (the highest level). You may need inpatient rehabilitation while you are recovering from an amputation, motor vehicle accident, burns, hip fracture, knee replacements, major surgery, spinal cord injury, stroke or traumatic brain injury, or if you've had flare-ups of conditions such as multiple sclerosis or Parkinson's disease.

"At each step, we will provide care to help you heal with respect and dignity," Piechta says.

–Leah Ingram

Next Step

LEARN MORE about the Center for Inpatient Rehabilitation–Cedar Crest. Visit LVHN.org/inpatient-rehab.





A Blessing to Breathe,

SPECIALTY TEAM HELPS TOBYHANNA FAMILY MANAGE SON'S HEALTH

Next Step

LEARN MORE about Children's Hospital at Lehigh Valley Hospital. Visit LVHN.org/children.



Justin Collura likes video games, building forts and playing with his siblings. But the 6-year-old Tobyhanna boy isn't your average kindergartner. He was born prematurely, has numerous breathing problems and lives with cerebral palsy. At each step of his journey, his family has received support from caregivers affiliated with Children's Hospital at Lehigh Valley Hospital. Here's how his team helps:

Prior to giving birth, Justin's mother, Melanie Collura, relied on a team from LVPG Maternal Fetal Medicine for her high-risk pregnancy (she carried twins). At first she went to appointments in Moosic, about a half-hour away from her home. As her pregnancy progressed, she needed to travel to Lehigh Valley Hospital—Cedar Crest in Allentown.

Unfortunately, while in utero, her babies developed a rare condition called twin-to-twin transfusion syndrome, which creates an unequal blood flow between twins. While Justin survived and was born at 26 weeks, his twin did not.

Because he was born so young, Justin needed specialty care inside the neonatal intensive care unit (NICU) at Children's Hospital at Lehigh Valley Hospital for nearly 120 days. For the first six weeks of his life, he needed ventilator therapy to help him breathe due to his prematurity-related lung disease. In the NICU, he underwent multiple procedures to help him with his health challenges.

While inside the NICU with her son, Collura watched and learned. "I loved the way the nurses would talk, play and rock the baby," she says. "It made me feel so much better about not being able to be there 24/7."

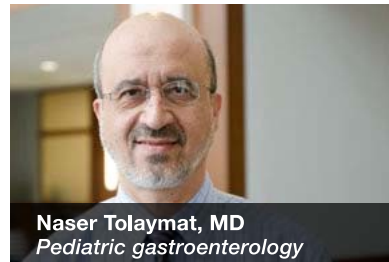
When the time came for Justin to come home, he still needed oxygen. "To keep him and all of my five children clean and germ-free, we adapted many of the things we learned in the NICU," Collura says. "My children washed up and changed clothes after school. No one sick was allowed near Justin, and everyone who touched him or his things had to wash their hands first."

To help Justin stay as healthy as possible, Collura continues to rely on her Children's Hospital at Lehigh Valley Hospital care team. It includes pediatric pulmonologist Dharmeshkumar Suratwala, MD, who has guided Justin's growth through medications, diagnostic testing and surgeries, including a lung biopsy, sleep study evaluation and surgery to help with obstructive sleep apnea hypopnea syndrome (OSAHS). Justin's team also includes pediatric gastroenterologist Naser Tolaymat, MD, and pediatric registered dietitian Monica Paduch with Sodexo, who helps direct Justin's feeding and weight-gain issues.

At age 2, Justin was diagnosed with cerebral palsy, a condition marked by impaired muscle coordination (spastic paralysis) and typically caused by damage to the brain before or at birth. The condition has caused him to walk with leg braces and a



Dharmeshkumar Suratwala, MD
Pediatric pulmonology



Naser Tolaymat, MD
Pediatric gastroenterology

walker. As a result of underlying low muscle tone and cerebral palsy, he also was noted to have OSAHS and uses nightly continuous positive airway pressure (CPAP) therapy during sleep.

Yet despite his health challenges, Justin continues to fight every day. "He's come a long way in the past six years, primarily as a result of his family's extraordinary efforts toward his comprehensive care," Suratwala says. "Physical and occupational therapy have been very helpful in his development."

Collura is thankful for the help Suratwala and the team have given her. "Dr. Suratwala answers my questions and never ignores a concern," she says. "He uses what I tell him, as well as what he observes with Justin, to find the best treatment."

Today, Justin is in a regular kindergarten classroom and has an aide to help with things like carrying his lunch tray. He participates in all school activities and loves gym and outside recess.

"He loves life and is a happy boy," Collura says. "My hope for the future is that he will learn for himself what he needs to do in order to stay healthy. And I hope he always remembers what a blessing it is to breathe. I know I do."

—Leslie Feldman

Restarting an Olympic Dream

KIM GEIST STANDS STRONG EIGHT YEARS AFTER SERIOUS ACCIDENT

When she's on the track at the Valley Preferred Cycling Center, Kim Geist is always pushing.

"Cycling is an endurance sport," says Geist, 28, of Emmaus. "When you're training, you are thrashing every day and working through the pain."

That strength helped Geist in an unexpected way. She was just about to begin track training in a bid for a spot on the 2007 Olympic team when, while riding her bike on a road near her home, she was struck by a tractor trailer. The accident left her with severe injuries – broken ribs and vertebrae along with a fractured pelvis and sacrum.

As she recovered, her physical and mental strength kicked in. "In cycling you work through the pain, but you can stop when you need to," she says. "In recovery I had to work through the pain 24/7 to heal, and that was the hard part."

ROAD TO RECOVERY

Geist did not need orthopedic surgery after her accident, but Lehigh Valley Health Network (LVHN) orthopedic surgeon Neal Stansbury, MD, with VSAS Orthopaedics, an elite-level cyclist, oversaw her recovery both at Lehigh Valley Hospital–Cedar Crest and through months of rehabilitation.

"It was important to rebuild strength in Kim's lower body and to help her regain full range of motion," Stansbury says.

After an accident like Geist's, it's common for the muscles around the hips and pelvis to get tight during recovery, impairing function. So strengthening all lower-body muscles became vital to her recovery. "Those muscles help to maintain Kim's position on the bike and give her full force with pedal strokes," says Stansbury's colleague, LVHN orthopedic surgeon Mitchell Cooper, MD, who also is a recreational cyclist.

NEW DEFINITION OF 'WINNING'

When it came to therapy, Geist treated it the same way she treated training. "I attacked it," she says. "I'm competitive, and I wanted to 'win' physical therapy."

"Winning" meant not only getting back on her bike, but also tackling everyday activities, such as getting into a bathtub or being able to walk to class. (At the time of her accident, Geist was an undergraduate student at DeSales University.)

"It was such a traumatic event that I was happy to be alive and to be working toward those everyday things," she says. "At first, riding a bike was far in the back of my mind."

During rehab Geist recalls starting out by warming up on a bike. Then she lifted weights "to build strength in my lower body and make sure I had strength and full range of motion around my pelvis," she says.

It wasn't easy, and it was uncomfortable. But as an athlete, Geist knew she would get out of rehab as much as she put into it.

BACK ON HER BIKE

Because she was in such good physical shape before her accident, Geist recovered quicker than anyone expected. By December 2007 – four months after her accident – she was back on a bicycle outdoors. "That was the icing on the cake," she says. "Even though it was freezing out, I could ride again."

By March she returned to competitive cycling, and the following October Geist felt that she was back to the fitness and training level she had achieved before the accident.

Today, Geist's Olympic dream is reignited. This past February she won a bronze medal at the UCI Track World Championships, an international racing event. And she's aiming for a spot on the 2016 USA Olympic team for Rio.

She's also earned her undergraduate degree in sports and exercise science from DeSales, and now holds a master's in sports nutrition. She uses her expertise to coach other cyclists and to teach them proper nutrition.

Through it all, Geist's strength persevered. "Getting run over by a truck doesn't sound like something you'd recover from," she says. "But people who know me and my mentality knew I would come back as quickly as possible. I never doubted myself."

–Leah Ingram



Mitchell Cooper, MD
Orthopedics

Watch his video at LVHN.org/Cooper.



Neal Stansbury, MD
Orthopedics

Watch his video at LVHN.org/Stansbury.

Next Step

LEARN MORE about orthopedic care at LVHN. Visit LVHN.org/ortho.



3 Screenings = 1 Life Saved

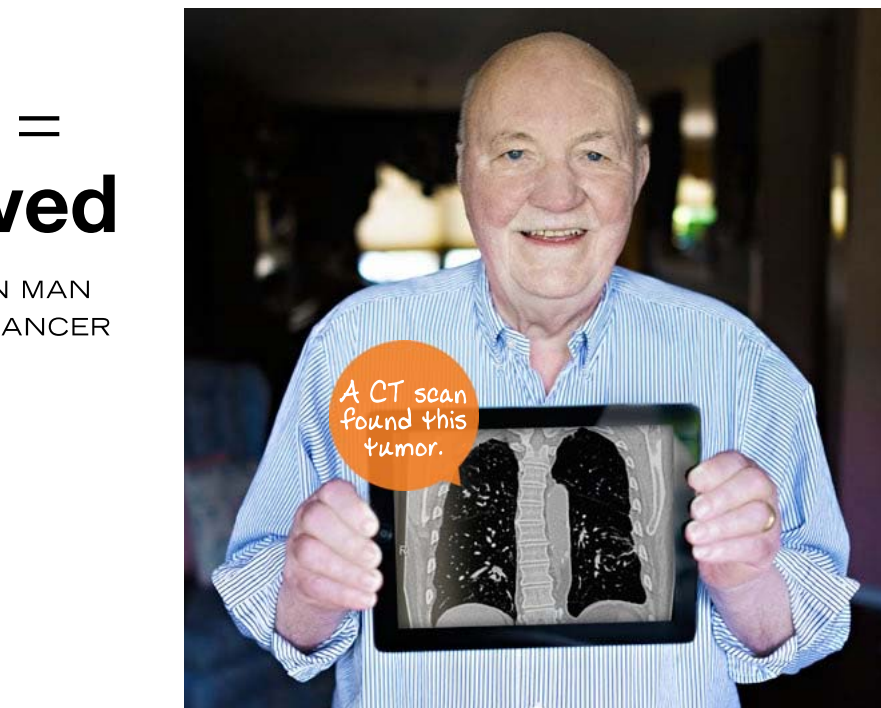
CT SCAN HELPS ALLENTOWN MAN
SURVIVE LUNG CANCER

Smoking was so common in late-1950s Brooklyn that teens could buy “loosies” – individual cigarettes you could smoke in cinemas or just about anywhere. Brooklyn-born Tom Griffin picked up the habit at age 14. He smoked a pack a day for more than 50 years. But nearing his 45th wedding anniversary in 2012, he quit for good. “I wanted to reach our 50th,” Griffin says.

A year later, the 75-year-old Griffin, who now lives in Allentown, took another step toward that goal: On the advice of his primary care physician, Matthew Winas, DO, with LVPG Internal Medicine–1230 Cedar Crest, he got a low-dose CT scan instead of a chest X-ray to screen for lung cancer.

“We get a lot more information from a CT scan,” says pulmonologist Robert Krukltitis, MD, PhD, with LVPG Pulmonary and Critical Care Medicine–1250 Cedar Crest. Medicare and many insurers now cover annual CT scans for 55- to 77-year-olds with a history of heavy smoking.

The scan found a suspicious nodule in Griffin’s right lung. “Not all nodules are cancerous,” Krukltitis says. Yet a follow-up PET scan found Griffin’s was indeed stage 1 cancer. “That’s the earliest stage, so it hadn’t spread outside the chest,” Krukltitis says – important because cancers caught early have the best chance of being cured.



Robert Krukltitis, MD, PhD
Pulmonology
Watch his video at LVHN.org/Krukltitis.



Timothy Misselbeck, MD
Cardiothoracic surgery
Watch his video at LVHN.org/Misselbeck.

“It’s not good news to have cancer,” Griffin says. “But it was great news they found it when they did.”

In January 2014, Griffin had the growth removed. “Without a doubt, surgery is the treatment of choice for stage 1 lung cancer,” says heart-and-lung surgeon Timothy Misselbeck, MD, with LVPG Cardiac and Thoracic Surgery–1250 Cedar Crest. “His mass was very small.” More than two years later, Griffin’s lungs still show no signs of cancer.

It wasn’t the first time screening caught a cancer in Griffin. About 13 years ago, a PSA test detected prostate

cancer, which surgery removed. Before that, a colonoscopy found and removed precancerous polyps.

“Screenings have saved my life,” says Griffin, who has seen his mother and two of his brothers die of cancer. “The thing is, I never felt my cancers. They’re silent until they’re really bad. But the tests are fast and easy.”

—Richard Laliberte

Next Step

**LEARN MORE ABOUT LUNG
CANCER SCREENING.** Visit
LVHN.org/lung-screening.

5 Surprising Facts About Blood Pressure

WHY YOU SHOULD KNOW AND MANAGE YOUR NUMBERS



When your heart beats, it creates pressure that pushes blood through your arteries. This “blood pressure” is measured by two numbers in a reading:

- ▶ The top number (systolic) represents the pressure in your arteries when your heart pumps out blood.

- ▶ The bottom number (diastolic) represents the pressure in your arteries when your heart is filling with blood.

A healthy blood pressure is less than 120/80. “High blood pressure (hypertension) rarely has symptoms but can lead to serious health conditions,” says Lehigh Valley Health Network (LVHN) internist Vipul Makwana, MD, with LVP



Nidhi Mehta, MD
Cardiology



Vipul Makwana, MD
Internal medicine

Watch his video at [LVHN.org/Makwana](https://www.lvhn.org/Makwana).

Family and Internal Medicine–Bath. “That’s why you should get tested, so you can take steps to lower your numbers if they’re too high.”

Consider these surprising facts about blood pressure if you’re thinking about getting tested or want to discuss your results with your provider:

1 High blood pressure damages your arteries. “Extra pressure on the walls of your arteries causes them to narrow or harden, a condition called atherosclerosis,” says LVHN cardiologist Nidhi Mehta, MD, with LVP Cardiology–Muhlenberg. “This can limit blood flow to the heart, leading to a heart attack, or cause blood clots to form, leading to a stroke.”

2 It’s normal for your numbers to rise with age. That’s why new treatment guidelines were established. “People age 60 and older who do not have diabetes, kidney or heart disease may not need to take blood pressure medication until their reading is 150/90 or higher,” Mehta says.

Next Steps

LEARN ABOUT CARE FOR HIGH BLOOD PRESSURE.

Visit [LVHN.org/hypertension](https://www.lvhn.org/hypertension).

GET DASH EATING PLAN details at [LVHN.org/dash](https://www.lvhn.org/dash).

3 Hypertension can affect your kidneys and eyes. Weakened blood vessels in the kidneys hinder their ability to remove waste from the body. “Fluid buildup increases blood pressure even more, creating a dangerous cycle,” Makwana says. Damaged eye blood vessels can lead to bleeding in the eye, blurred vision and vision loss.

4 It fluctuates. Blood pressure typically rises through the morning, peaks in the afternoon and begins to drop in the evening. However, these things may cause your blood pressure to be too high continually:

- ▶ Smoking
- ▶ Being overweight
- ▶ Inactivity
- ▶ Too much salt
- ▶ Too much alcohol
- ▶ Stress
- ▶ Family history of hypertension

5 You can control it. Take blood pressure medication as prescribed. “Regular exercise and a healthy diet can significantly lower your numbers to the point where you may no longer need medication,” Mehta says. The DASH eating plan – which helps reduce the amount of salt in your diet – is a great place to start.

—Rick Martuscelli

Riding With MS

RESEARCH TRIAL HELPS MACUNGIE WOMAN
CELEBRATE SUCCESS

When she experienced blurry vision at age 18, Rachel Zavec of Macungie thought she needed new glasses. When she experienced tooth pain a year later and two dentists couldn't find a source, she assumed it wasn't serious – especially once the pain disappeared.

But by age 24 – just after she had started a family – Zavec began suffering a loss of balance, numbness and weakness. It all added up to a diagnosis of multiple sclerosis (MS), a chronic disease of the central nervous system that causes frequent flare-ups (exacerbations).

With MS, she feared she'd never enjoy quality time with her three children,

horseback riding or any other favorite activity. Even worse, early treatments didn't help. "At the time I was diagnosed, there were only four injectable medications available for MS," Zavec says. "I tried two of them, and they weren't effective."

But her caregivers at the MS Center of the Lehigh Valley, located inside LVPG Neurology—1250 Cedar Crest and certified as a Center for Comprehensive MS Care by the National MS Society, found a new option. They told Zavec about a seven-year clinical trial called CAMPATH that tested a new drug – alemtuzumab. The FDA approved the drug, marketed as Lem-

trada,™ after it was shown to reduce relapse rates and slow worsening of disability for people with MS.

"The trial was offered to patients who had experienced inadequate responses to two or more MS therapies and was approved by the FDA in 2014 for similar patients," says neurologist Lorraine Spikol, MD, who directs LVHN's neuroscience research. "Taking Lemtrada is a serious decision, as it is very difficult to physically go through. Lemtrada administration requires close monitoring in an infusion center and regular, long-term safety monitoring after the infusion, so it is restricted only to certain MS patients."

Zavec started the trial in 2008, just when her youngest child turned 1. She received Lemtrada intravenously for two years at Lehigh Valley Hospital—Cedar Crest's infusion center, five days

Next Step

LEARN MORE about care for MS. Visit LVHN.org/MS.



Lorraine Spikol, MD
Neurology



Calendar CLASSES AND SUPPORT GROUPS

REGISTER BY CALLING 610-402-CARE OR VISIT US ONLINE AT LVHN.ORG/HEALTHYYOU.

Registration is required and must be received at least one week prior to class start.

You'll get a refund if a class is canceled due to low enrollment.

for a week in year one, then three days for a week in year two. She then had safety monitoring for the next five years. "Without these trials, advances in treatment are not possible," Zavec says. "It made going through this worthwhile."

Since taking Lemtrada, Zavec has less pain and fewer exacerbations. "I can ride horses, exercise and take my kids to the park," she says. "I used to be afraid to go out or plan a vacation because I didn't know how long my energy would last or how the heat would affect me. Now this drug has given me my life back. I'm determined to continue moving forward."

—Leslie Feldman

What's New



20th Annual Parkinson's Symposium

For patients and caregivers, learn the most current information on Parkinson's disease treatment and research. To register, call **610-402-CARE**.

Sept. 26: 8:30 a.m.-2:30 p.m.
at LVH—Cedar Crest



54th Annual Summer Festival

Enjoy musical entertainment, craft and art show, KiddieLand attractions, book, plant and bake sales, rides, games, festival food, and so much more. The festival raises funds to support projects, programs and services that help change and improve lives of those in our community. Free admission and parking.

Aug. 19, 20, 21: 5-10:30 p.m.;
Aug. 22: noon-10:30 p.m. at
LVH—Muhlenberg



Health Center at Fogelsville Open House

Join us for an open house to check out our new services. Free health screenings, refreshments, giveaways, prizes and activities for the whole family.

July 27: 5-7 p.m. at Health Center
at Fogelsville



Survivors of Suicide Support Group

After losing someone to suicide, you may experience a multitude of emotions. Join fellow suicide loss survivors in a confidential setting.

Meets first Tue. of month: 7-8 p.m.
at LVH—Muhlenberg

Sponsored by Greater Lehigh Valley Chapter, American Foundation for Suicide Prevention

Around Our Community



Community Exchange

Create a healthier community by becoming a member of our TimeBank. Give and earn time by exchanging services with friends and neighbors. All community members welcome. To get involved, call **610-402-CARE**.



Get Out! Lehigh Valley

This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to **get-outlehighvalley.org** or call **610-402-CARE**.

Saucon Rail Trail (Center Valley)

July 25: 10 a.m.

South Bethlehem Greenway

Aug. 8: 10 a.m.

Ringneck County Park

Aug. 22: 10 a.m.

Lehigh River Bike and Boat (\$15 fee)

Sept. 12: 10 a.m.

First Strides®

This 12-week workshop for women of all ages helps you begin a walking or running program. The goal: participating in a 5K.

Starting July 28: 5:30 p.m. at
Bethlehem Twsp. Community Center

Starting July 28: 6:15 p.m. at
Little Lehigh Parkway, Allentown

Starting July 29: 6:15 p.m. at
Little Lehigh Parkway, Allentown

Starting July 29: 9:15 a.m. at
Bethlehem Twsp. Community Center

Starting July 30: 6 p.m. at Hanover
Twsp. Community Center



LVHN Via Marathon

Now is a great time to train for a marathon – or consider a half-marathon, a 5K run, a walk, form a relay team or volunteer your time to a good cause that provides services for those with disabilities.

5K, Via walk, Kids' race

Sept. 12

Marathon, half-marathon,
team relay

Sept. 13



Would a Support Group Help?

Dozens of different groups provide comfort and support.

Raising a Family

Free! Tours
Expectant Parent Tour
Sibling Tour

Preparing for Childbirth and Baby

Combination Class— Six-week series

Covers labor, birth, caring for your newborn, breast-feeding and what to expect in the days after birth.

Preparing for Childbirth

Three-week series

Weekend: Saturday one-day

On the Internet

Teens Only

Preparing for Baby

Baby Care

Breast-feeding Baby

Staying Safe

Babysitting – Safe Sitter

Babysitters ages 11-13 will learn essential life skills in one session for safe and responsible babysitting.

CPR – Family and Friends

Learn rescue skills for infants, children and adults, and what to do for an obstructed airway.

Free! Safe Ride—Car Seat Safety
Certified technicians show how to correctly install car seats and secure children.

After-Delivery Support

Monday Morning Moms

Free! Postpartum Support
Understanding Emotions After Delivery
Meets second and fourth Thu. of month: 6:30 p.m.

Screenings

Free! Clinical Breast Exams and Pap Tests for Uninsured Women

Appointment is necessary. Call **610-969-2800**.

Sponsored by Community Health and Wellness Center in collaboration with Allentown Health Bureau.

Weekly 8:30 a.m.-4 p.m.

Free! Rapid HIV and Hepatitis C Testing

Free, anonymous and confidential.

Mon.-Thu.: 9 a.m.-3 p.m.; Fri. by appointment at LVH—17th Street

Lung Cancer Screening

Call **610-402-CARE** for more information.

Caring for Mind and Body

Aqua New

Water exercise for posture, balance, strength and confidence.

Massage Therapy

Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support.

Retreat

Aug. 1 at LVH—Muhlenberg

Protecting Your Health

Free! Cessation, What Works?

How to succeed in beating tobacco addiction.

Aug. 6: 4-5 p.m. at 1243 S. Cedar Crest Blvd., suite 2200

Tobacco Free Northeast PA

Tobacco treatment referral services available for individuals and businesses.

Living With Diabetes

Our team will work with you and your health care provider to design a program to fit your needs.

We provide education for:

- Prediabetes
- Type 1 and type 2 diabetes
- Gestational diabetes

We will help you learn more about:

- Healthy eating
- Being active
- Testing your blood sugar
- Taking medication
- Reducing risks
- Problem-solving and healthy coping

We also offer:

- Insulin pump training
- Continuous glucose monitoring system training
- Support groups for adults and children
- Medical nutrition therapy

Free! Insulin Pumps

Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). For details, call **610-402-CARE**.

Free! Sweet Success

Monthly support group for adults with type 2 diabetes. For details, call

610-402-CARE.

**Recipes for Meal Planning—
A Plant-Based Diet**

**July 16: 6:30-8 p.m. at LVH—
Muhlenberg**

Stress Management

**Aug. 20: 6:30-8 p.m. at LVH—
Cedar Crest**

Sugar-Free Kids

Monthly support group for children with type 1 diabetes.

Call **610-402-CARE** to register for events.

**Take Me Out to the Ballgame—
IronPigs game**

July 30: 7:05 p.m. game start

Safe at School Program

September at LVH—Cedar Crest

Prediabetes Self-Management Classes x

Offered periodically throughout the year. Call **610-402-CARE** for information.

Coping With Illness

Free! Amputee Support Group

Meets third Mon. of month: 5-6:30 p.m. (includes dinner) at LVH—Cedar Crest

Bereavement Support Services

Bereavement Care Workshop

Grief Process Groups

Individual, Family and Couples

Counseling

Ladies Lunch Club

Spiritual-Based Adult Grief

Support Group

Stepping Stones for Children

Free! Brain Warriors Stroke Support Group

For survivors and caregivers, share emotional and physical issues to help deal with life after stroke.

Meets third Mon. of month:

11 a.m.-noon at LVH—Cedar Crest

Free! Huntington's Support Group

Meets second Sat. of month at LVH—Cedar Crest

Free! Joint Replacement Prep

What to expect for knee or hip replacement.

July 15, Aug. 19, Sept. 16: at LVHN—Tilghman

July 22, Aug. 26: 1:30-3 p.m.;

Aug. 4, Sept. 1: 9-10:30 a.m. at LVH—Cedar Crest

Aug. 13: 8:30 -10 a.m.; Sept. 10:

1:30-3 p.m. at LVH—Muhlenberg

Free! Kidney/Pancreas Transplant Information Session

If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call **610-402-CARE**.

Call **610-402-CARE** to register for programs.

Free! **Myasthenia Gravis Support Group**

July 23: 5:30-7 p.m. at LVH-Cedar Crest

Parkinson's and Multiple Sclerosis Get Up and Go

Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes.

Mon. and Thu.: 10:30-11:30 a.m. and noon-1 p.m. at 1243 S. Cedar Crest Blvd.

Tue. and Fri.: 11 a.m.-noon at 1770 Bathgate, Bethlehem

Free! **Parkinson's Support Group**
Meets fourth Tue. of month at LVH-Muhlenberg

Free! **Preoperative Spine Class**
Prepares you for surgery, postoperative care and aftercare.

July 21, Aug. 5, Aug. 18, Sept. 2, Sept. 15

Free! **FOR CANCER PATIENTS**

Look Good...Feel Better

Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence.

Sept. 14: 2-4 p.m. at LVH-Cedar Crest

With American Cancer Society

Men Facing Cancer

Meets third Mon. of month:

6:30-9 p.m. at LVH-Cedar Crest

Metastatic Breast Cancer Support Group

Meets second Mon. of month: 7-8:30 p.m. at LVH-Cedar Crest

Support of Survivors

Breast cancer helpline

610-402-4SOS (4767)

Managing Your Weight

Free! **Monthly Support Group**
Support and information on weight-loss surgery.

Exercise: Keep Moving

Aug. 5: 6-7:30 p.m. at LVH-Cedar Crest

Back to Basics: Remember the "Top 10"

Sept. 2: 6-7:30 p.m. at LVH-Cedar Crest

Motivational Therapy Group

6-week program

Starting July 14: 4-5 p.m. at 1243

S. Cedar Crest Blvd., suite 2200

Starting Aug. 25: 9-10 a.m. at 1243

S. Cedar Crest Blvd., suite 2200

Free! **Weight-Loss Surgery Information Events**

What to expect.

Evening sessions

July 23, Aug. 4,* Aug. 20, Sept. 1:

6-7 p.m. at LVH-Cedar Crest

*Simulcast to LVH-Muhlenberg

Day sessions

Aug. 14, Sept. 11*: noon-1 p.m.

at LVH-Cedar Crest

*Simulcast to LVH-Muhlenberg

Weight Management Services

INDIVIDUAL

Nutrition Counseling

Assessment, body-fat analysis and goal-setting.

Nutrition Counseling/Metabolism

Body Composition Test

Counseling plus personal metabolism test and interpretation.

Six-Month Supportive Weight-Loss Program

Individualized expert-level care for nutrition, behavior and fitness.

Sports Performance Classes

Youth Program

For young athletes ages 8-11, two sessions/week for eight weeks concentrate on proper weight-lifting technique, flexibility and movement skills.

Junior Varsity Program

For athletes ages 12-14, two or three sessions/week for eight weeks emphasize gaining flexibility, strength and power.

Varsity Program

For athletes ages 15-18, advanced two or three sessions/week for eight weeks work on proper mobility, stability, increased strength and power.

LVHN Fitness Group Classes

Being an LVHN Fitness member allows you to partake in a variety of classes. Call **610-402-CARE** for more information. See a list of class locations and descriptions at **LVHN.org/fitness**. Classes are offered at five locations.

Boot Camp

Cardio Cross-Training

Chisel

Core Synergy

Cycling (30-, 45- and 60-minute classes)

Get Up and Go

Energizing Yoga

Exercise for Life

Kettlebells

Pilates

Relaxing Yoga

Staying Strong

STAT

Very Gentle Yoga

Yoga Basics

Yogalatte

Zumba

Zumba Gold



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish Healthy You magazine – to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you.

Send your comments to:

Healthy You

Attn.: Marketing & Public Affairs

P.O. Box 689, Allentown, PA 18105-1556

Call 610-402-CARE (2273) or email 402CARE@LVHN.org.

Publisher

Edward Dougherty

Chief business development officer

Susan Hoffman

Vice president, marketing and

public affairs

Editorial Manager

Kyle Hardner

Medical Editor

Mark Wendling, MD

Creative Manager

Teressa Colbaugh

Designer

Erin Parrish

Photographer

Olaf Starorupinski

Magazine Coordinator

Alane Mercer

Production Assistant

Kathryne Keck-Harris

Contributing Advisors

CANCER CARE Ann Fatzinger, Patricia Shearburn, Pamm Tobias, Keith Weinhold

CHILDREN'S HEALTH Mary Bianchi, J. Nathan Hagstrom, MD, Deanna Shisslak, Kim Velez

COMMUNITY HEALTH/EDUCATION Jennifer Adamski, Jesse Schimmer, Craig Souders

COMMUNITY RELATIONS Melissa Fitzgerald

DIABETES Chelsea Gerhart

HEART HEALTH Anne Marie Crown, Ronald Freudenberger, MD, Wendy Kaiser,

Raymond Singer, MD, Rob Stevens

LVPG Emily Greene, Ashley Scheffler

NEUROSCIENCES John Castaldo, MD, Mark Li, MD, Claranne Mathiesen, RN, John Ward

NUTRITION SERVICES Kimberly Proccacio, Sodexo

ORTHOPEDICS Dan Lavelle, Brian Leader

PRIMARY CARE Kim Velez

REHAB/FITNESS Jennifer Adamski, Jesse Schimmer, Craig Souders

TRANSPLANT SERVICES Michael Moritz, MD, Lynsey Biondi, MD, Ashley Scheffler

UROLOGY Dan Lavelle, Angelo Baccala Jr., MD

TRAUMA/BURN Dan Lavelle, Dan Lozano, MD, John Ward

WEIGHT MANAGEMENT Ellen Fuller, Wendy Kaiser

WOMEN'S HEALTH Pat Marth, Kim Velez

402-CARE Susan Bernhard, Darla Moyer, RN, Jennifer Pareja, RN, Tracy Riccio, RN, Tina Ruhf, RN

For information or a referral to any of the professionals featured in Healthy You, call 610-402-CARE or visit LVHN.org/healthyYou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

If you have received an extra copy of this publication, please share it with a colleague or friend. If the mailing information is incorrect, please notify us by calling 610-402-CARE (2273) or toll-free 888-584-2273.


TDD General Information 610-402-1995
© Lehigh Valley Health Network, 2015
All rights reserved.

Marketing and Public Affairs

P.O. Box 689

Allentown, PA 18105-1556

© Lehigh Valley Health Network

*Lehigh Valley Health Network is committed
to conserving resources by using the latest
in energy-efficient printing.* *After reading, please recycle this magazine.*

Non-Profit Org.
U S Postage
PAID
Lehigh Valley, PA
Permit #1922

FOLLOW US TODAY!

Bumps and Bruises **CARE**Sniffles **CARE****No Appointment CARE**Weekend **CARE**Around the Corner **CARE**Peace of Mind **CARE**